

## Senior Fitness Centers

Kelly                      McGovern  
(414) 481-9611    (414) 527-0990

Washington Park    Wilson Park  
(414) 933-2332    (414) 282-5566

Clinton & Bernice Rose  
(414) 263-2255

Grobschmidt              OASIS  
(414) 768-8045    (414) 647-6041

The Milwaukee County Department on Aging wellness programs empower older adults to take control of their health. The Milwaukee County Commission on Aging Wellness Council promotes the eight dimensions of wellness as a way to achieve optimal health.

### The 8 dimensions of wellness are:

Physical	Intellectual
Social	Emotional
Spiritual	Financial
Environmental	Vocational



Milwaukee County Dept. on Aging  
1220 W. Vliet Street, Room 302  
Milwaukee, WI 53208  
(414) 289-6874  
[www.county.milwaukee.gov/aging](http://www.county.milwaukee.gov/aging)



Interfaith Older Adult Programs  
600 W. Virginia Street,  
3rd Floor  
Milwaukee, WI 53204  
(414) 291-7500  
[www.interfaithmilw.org](http://www.interfaithmilw.org)

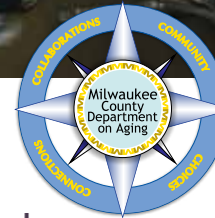


Arthritis Foundation - Upper Midwest Region  
10427 W. Lincoln Avenue  
Suite 1300  
West Allis, WI  
(414) 239-6183  
[www.arthritis.org](http://www.arthritis.org)

The Milwaukee County Department on Aging Wellness programs are coordinated in a cooperative effort with Interfaith Older Adult Programs and the Arthritis Foundation. For more information about the evidence based prevention programs, fitness centers, or other wellness initiatives please contact the Department on Aging at (414) 289-6352 or go to our website [www.county.milwaukee.gov/aging](http://www.county.milwaukee.gov/aging)

## Milwaukee County Department on Aging

# Wellness is Your Choice



For more information call  
**414-289-6352**

## Senior Friendly Fitness Centers

Adults can participate in free health and fitness programs at seven fitness centers located in Milwaukee County senior centers. Fitness Centers provide equipment designed to help older adults improve strength and flexibility. They are staffed by either volunteer hosts or part time staff who have knowledge of the equipment.

**To register** for the fitness centers, contact the Senior Center staff at the location of your choice. Phone numbers for each center are listed on the opposite page.

**All participants must complete required paperwork and attend an orientation.**



## Evidence Based Prevention Programs

The Milwaukee County Department on Aging currently provides four evidence based prevention programs (EBPP'S). These programs have been researched and proven to result in positive outcomes. Three of the programs are listed to the right; the fourth program, Tomando Control de su Salud, is a Spanish version of the Living Well with Chronic Conditions workshop.

### Health and Wellness Related Opportunities

The Arthritis Foundation provides the following EBPP's:

- ⇒ Exercise Program
- ⇒ Tai Chi Program
- ⇒ Aquatics Program
- ⇒ Walk with Ease Program

Additional wellness activities are provided by Interfaith Older Adult Program at Milwaukee County Senior Centers and at the Senior Dining Programs.

## Living Well with Chronic Conditions



Living Well with Chronic Conditions is a free workshop for people with lifelong health conditions, such as:

- Heart disease
- Arthritis
- Diabetes

### Six weekly sessions cover these topics:

- Pain and fatigue
- Eating well/Healthy eating
- Fun ways to get active
- Tips for talking with your doctor and family

**Living Well works:** People who take the workshop report:

- Improved general health
- Fewer hospitalizations
- More control in their lives
- Less pain and more energy
- Support from their peers

**Call (414) 289-6352 or go to [www.county.milwaukee.gov/aging](http://www.county.milwaukee.gov/aging) for upcoming workshops**

## “Stepping On” Fall Prevention



Stepping On is a free workshop designed for those who have fallen, have a fear of falling, or are at risk for a fall. Falls are not a normal part of aging, however falls related injuries are the leading cause of death in Wisconsin.

### Seven weekly sessions cover these topics:

- Strength & balance exercises
- Safe footwear
- How medication and vision problems contribute to falls
- Making your home safe

**Stepping On works:** People who take the workshop report:

- Improved self-confidence
- A reduced risk of falling
- A reduction in falls-related emergency room visits and hospitalizations

Stepping On is led by trained leaders with the assistance of professional health care workers including physical therapists and pharmacists.

## Healthy Living with Diabetes



Healthy Living with Diabetes is a free workshop for people who have type 2 diabetes or live with someone with diabetes.

### Six weekly sessions cover these topics:

- Healthy eating
- Reading nutrition labels
- Foot care
- Preventing/delaying complications
- Managing blood sugars
- Tips for talking with your doctor and family

**Healthy Living with Diabetes works:** People who take the workshop report:

- Improved health
- Fewer doctor visits
- More confidence managing their diabetes

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